

What Science Tells Us About the Brain

- Functioning of the frontal lobes is not at adult levels.



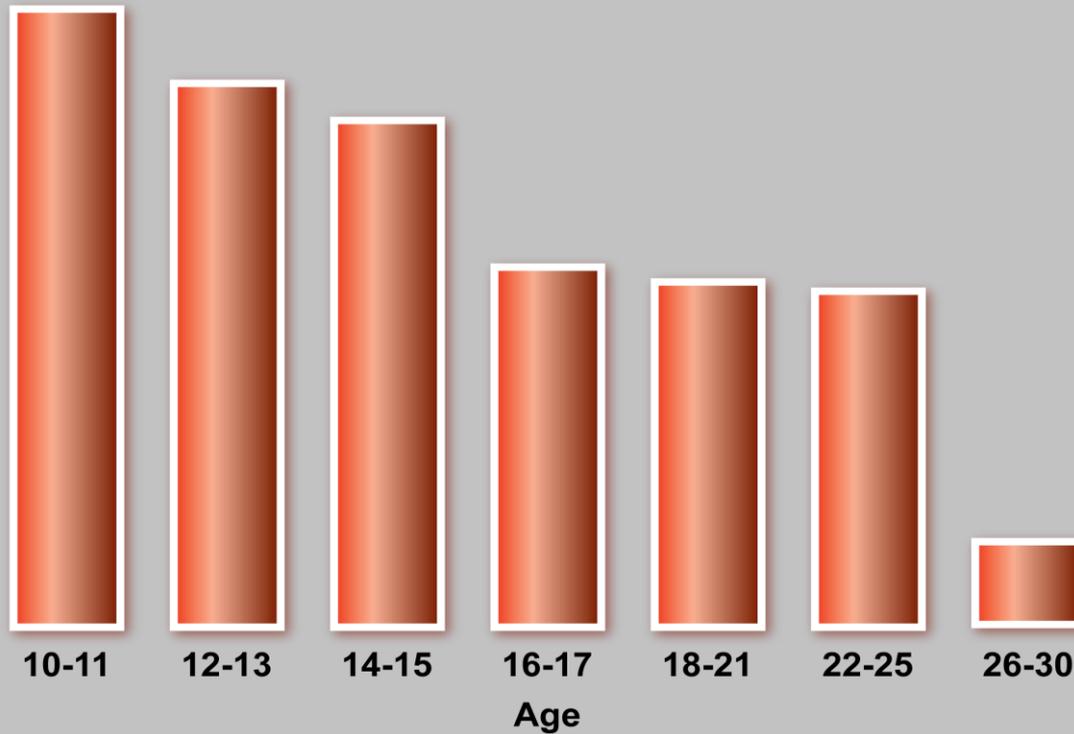
- Why is that important?

(Steinberg, 2008)

Teenage Brain Development

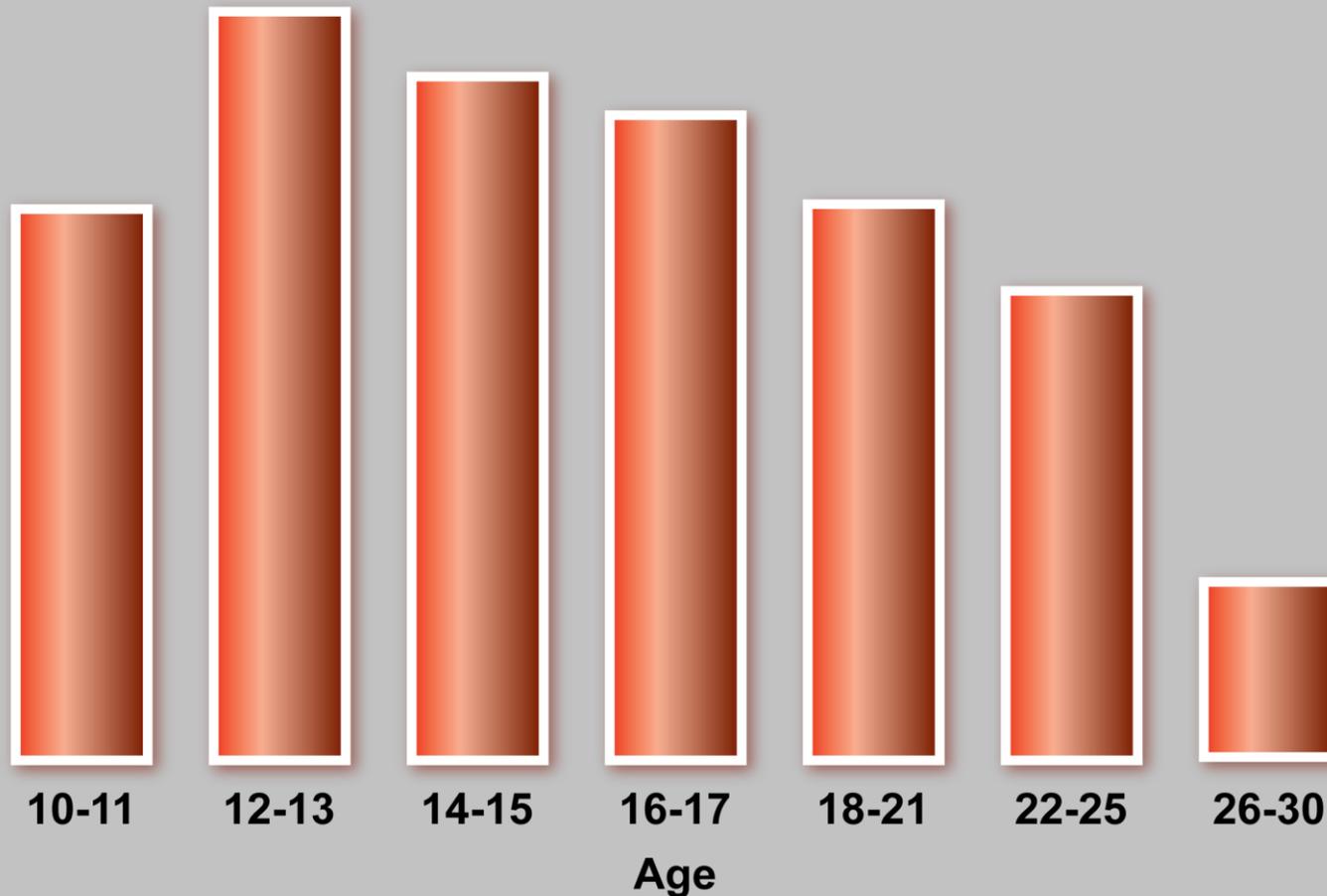
- Adolescence is like giving a teenager a car with:
 - a new body with a lot of horsepower (physical);
 - a sensitive gas pedal that can go from 0-60 mph in a few seconds (emotional); and
 - a brake system that won't work completely for several years (thinking).

Impulsivity Declines with Age



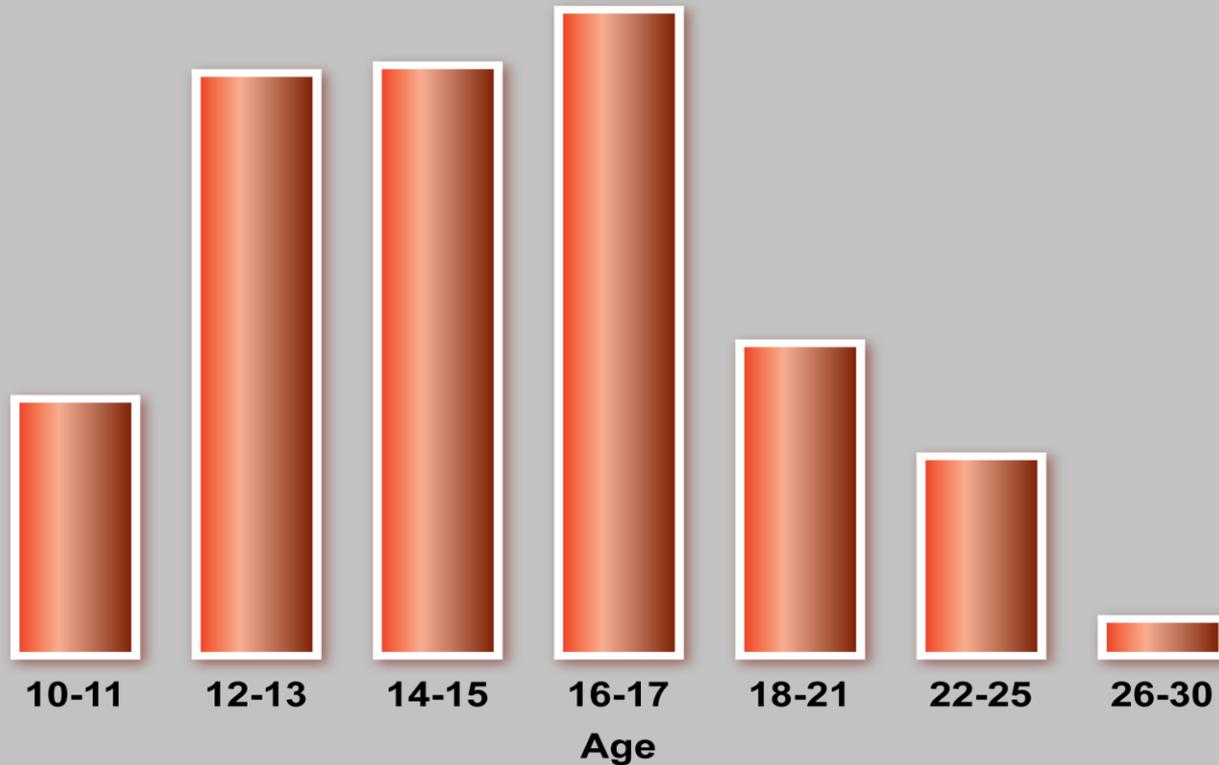
(Steinberg, et.al., 2008)

Sensation-seeking Declines with Age



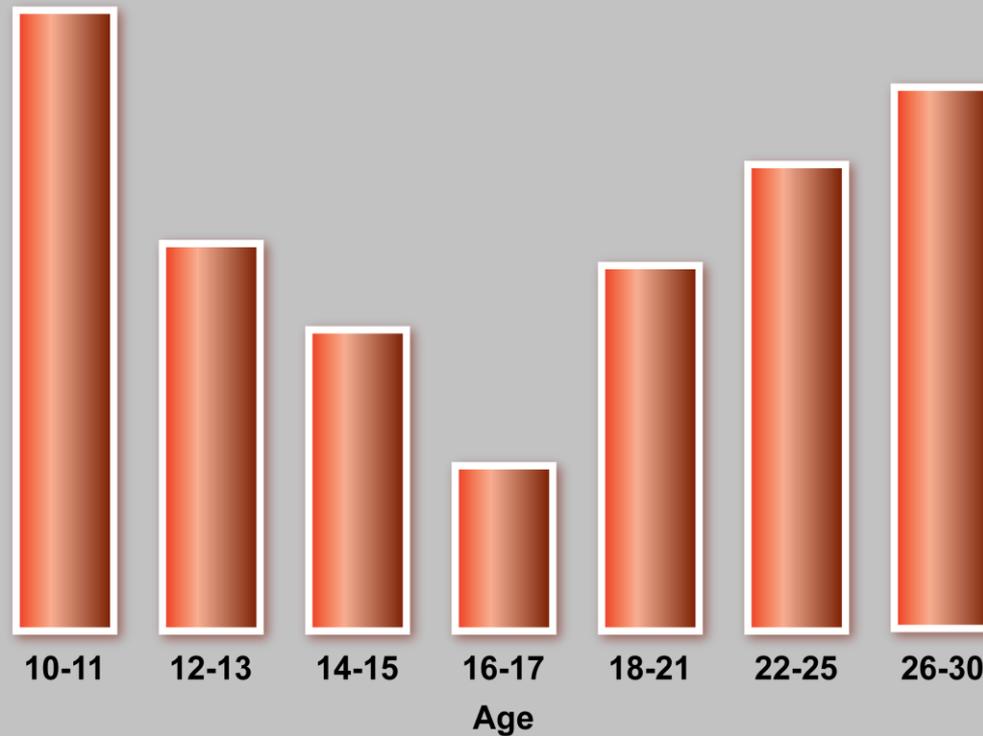
(Steinberg, et.al., 2008)

Preferences for Risk Peaks in Mid-Adolescence



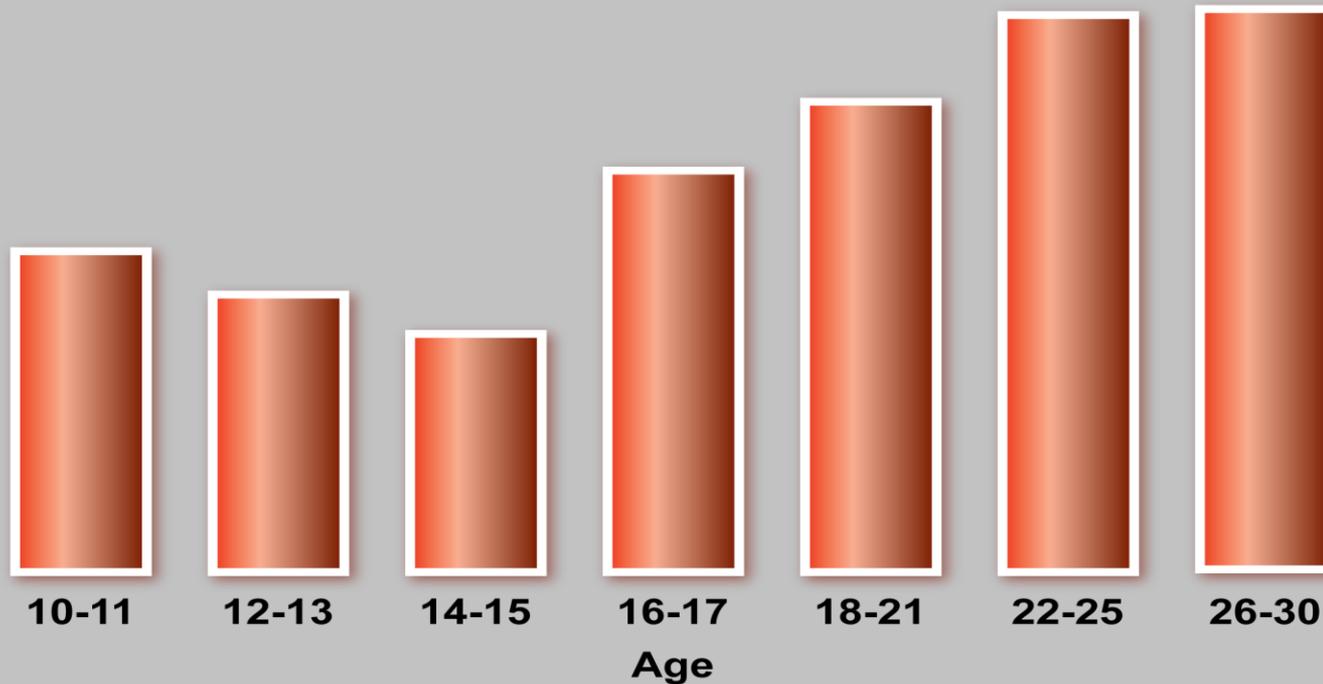
(Steinberg, et al., 2009)

Risk Perception Declines and then Increases After Mid-Adolescence



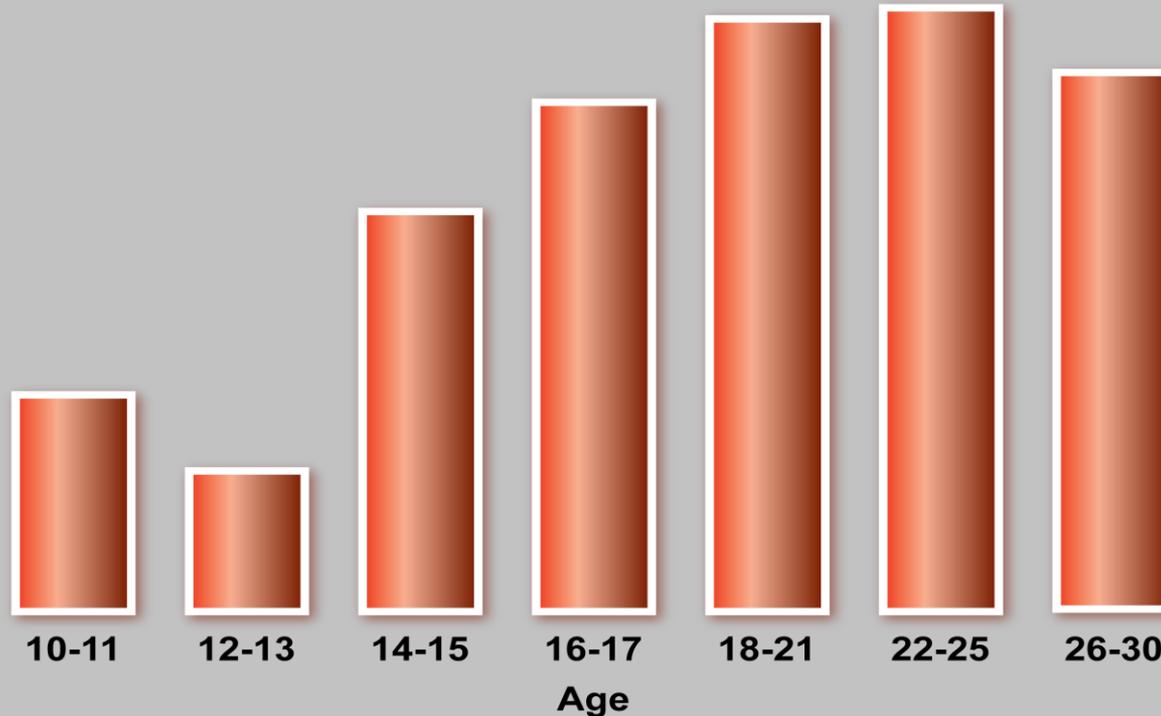
(Steinberg, et al., 2009)

Future Orientation Increases with Age



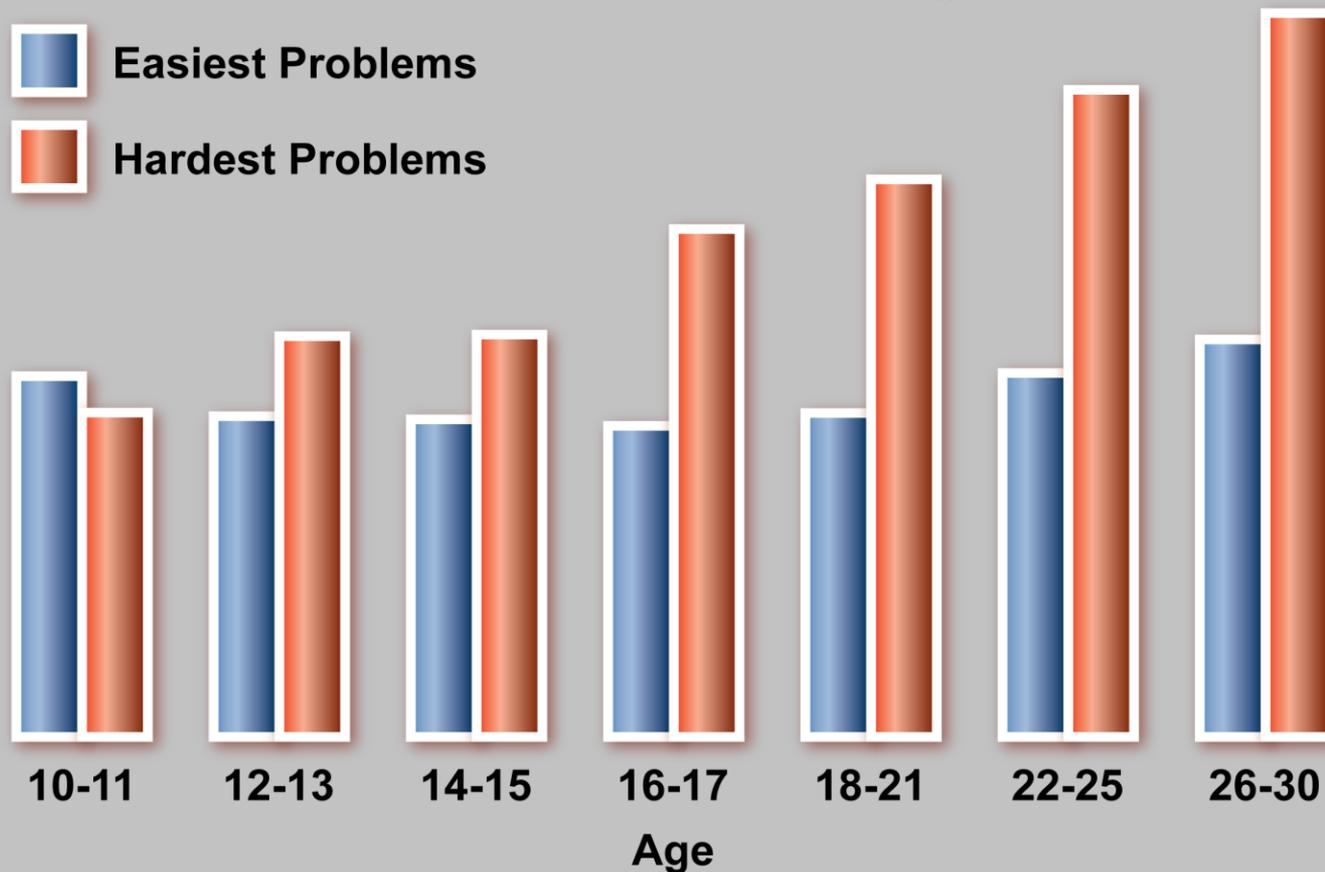
(Steinberg, et al., 2009)

Older Individuals Are More Willing to Delay Gratification



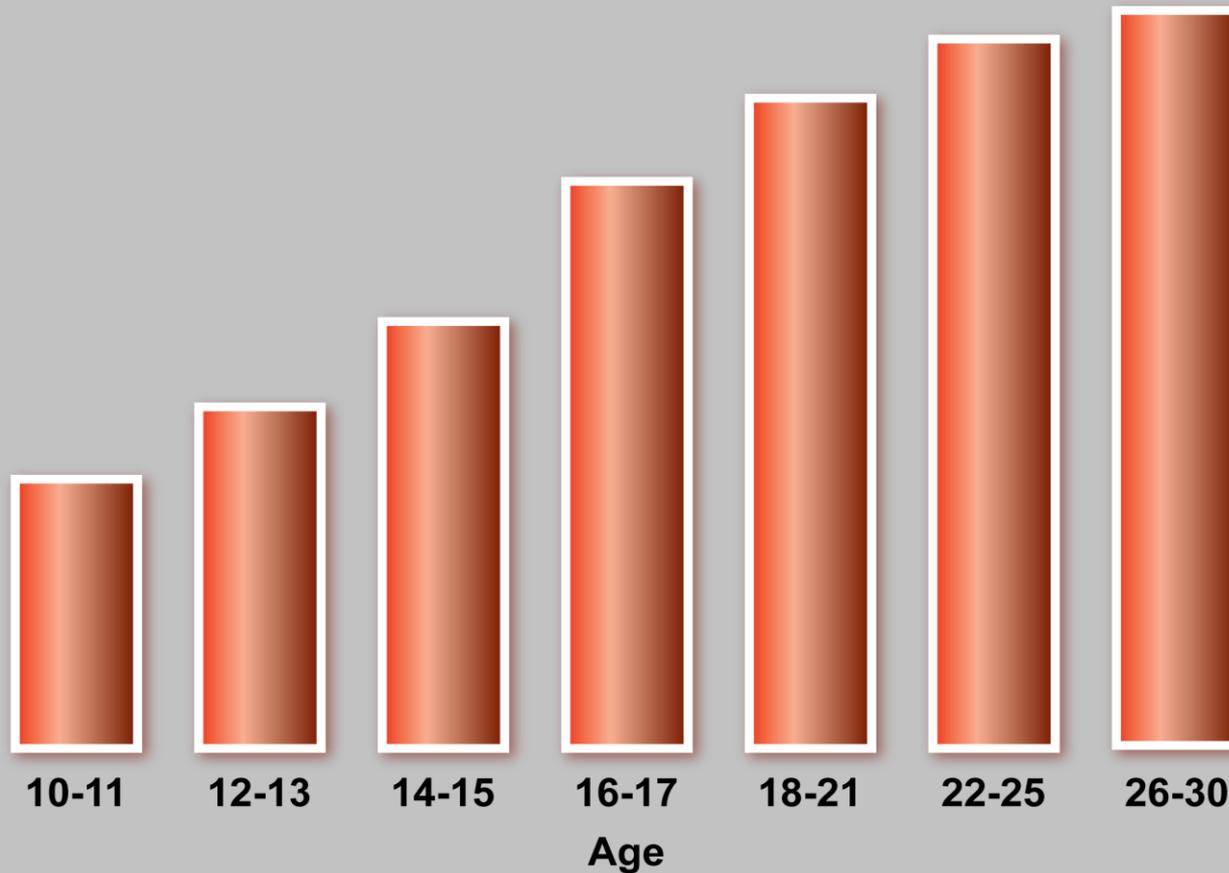
(Steinberg, et al., 2009)

With Age, Longer Time Spent Thinking Before Acting



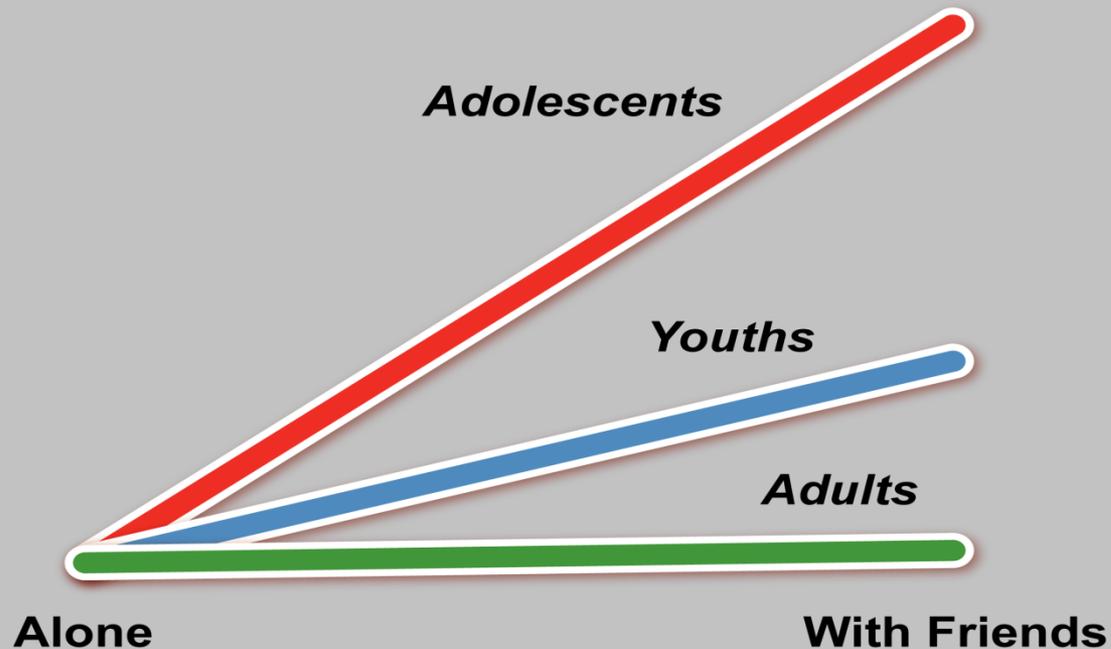
(Steinberg & Monahan, 2007)

With Age, Individuals Become More Resistant to Peer Influence



(Steinberg & Monahan, 2007)

Peers Increase Risky Driving among Teenagers and College Students, but Not Adults



(Gardner & Steinberg, 2005)